

Amendments to the Specification:

On page 13, at line 15, please add the following underlined text:

Figs. 12A-C show a muscle contraction sequence produced by prior art methods and equipment[[]]; and

Fig. 13 shows a block diagram of a system suited for generating and applying a stimulating signal to a user in contact with at least one of a plurality of moveable instruments that each include an electrode configured to apply the signal.